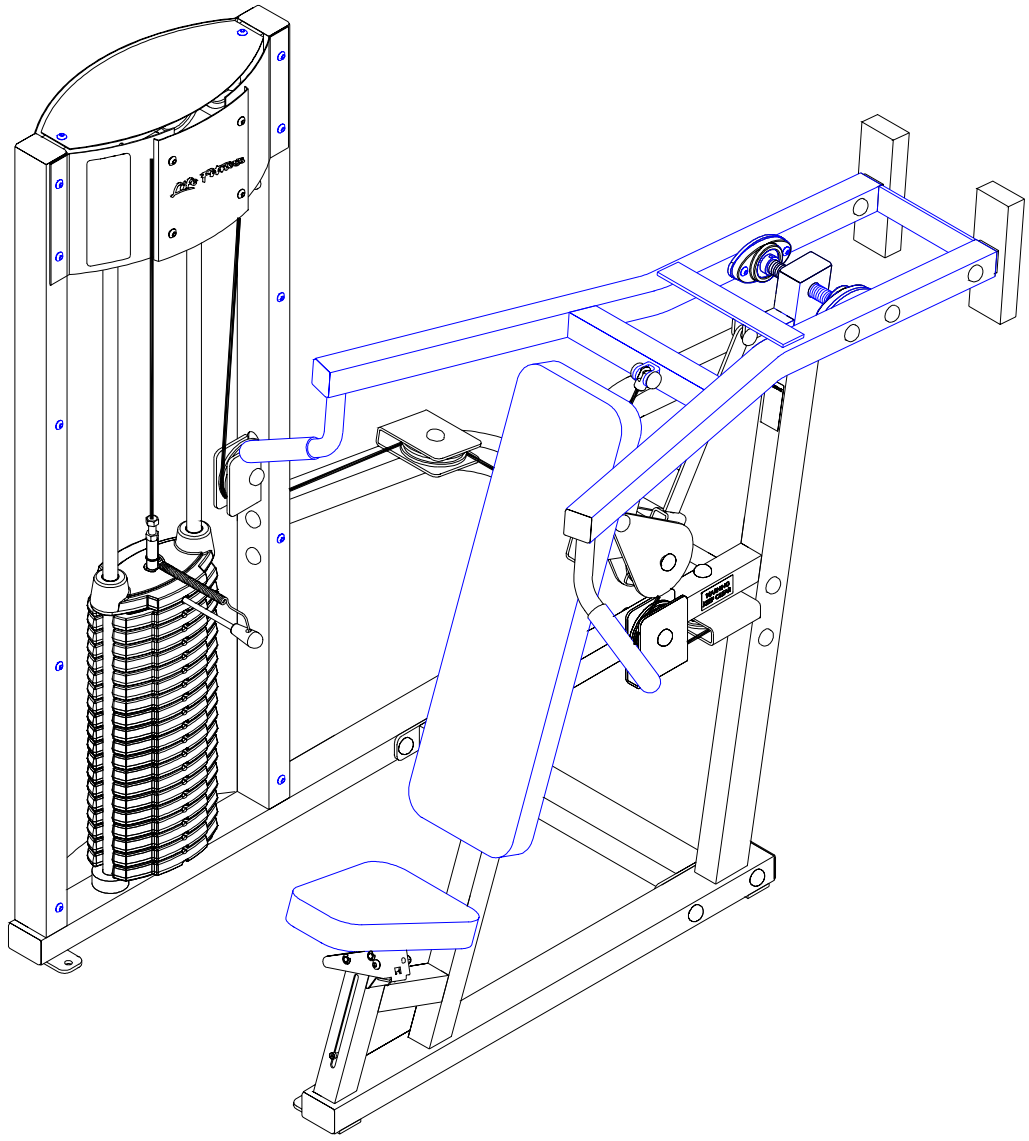
LifeFitness

CLUB SERIES SHOULDER PRESS



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	71424xx	TOWER	1
1A	7142201	CABLE	1
1B	6692601	3 X 2 END CAP	4
1C	6714901	GUIDE ROD BUSHING	2
1D	3222801	4.5" PULLEY	3
1E	6866701	3/8 RH WASHER	4
1F	68666XX	CAP, RH-20 03 PLAT,02 WHT	4
1G	3102933	3/8-16 X 2 BOLT	1
1H	6480301	3/8 SPACER	4
1I	3102903	3/8-16 X 2.5" BOLT	2
1J	3102514	3/8 FLAT WASHER	2
1K	3102807	3/8-16 NYLOCK LOW HT NUT	3
2	68950xx	CROSS SUPPORT	1
3	70034xx	PULLEY BRACKET	1
4	71430xx	BOOM ASSEMBLY	1
4A	6967402	ASSY, SEAT ADJ	1
4B	6897001	15 POS ADJ PLATE	1
4C	6897101	ADJ PLATE	1
4D	3234301	SCREW	4
4E	6912202	HINGE BLK	1
5	71427xx	ASSY CROSS BRACE	1
6	3116001	RUBBER BUMPER	1
7	6966802	COUNTER BALANCE	2
8	68839xx	GUIDE ROD SUPPORT	1
9	69787xx	ASSY SHOULDER ARM	1
9A	3103110	RUBBER GRIP	2
10	6927001	GUIDE ROD	2
11	3102901	3/8 X 1-1/4" BOLT	2
12	3102903	3/8 X 2-1/2" BOLT	5
13	3102922	3/8 X 2-3/4" BOLT	3
14	3102904	3/8 X 3" BOLT	2

KEY	PART #	DESCRIPTION	QTY
15	3102905	3/8 X 3-3/4" BOLT	4
16	3102924	3/8 X 1-3/4" BOLT	2
17	3202407	3/8 X 3-1/4" BUTTON HEAD BOLT	4
18	6965801	AXLE	3
19	3102807	3/8" LOW HEIGHT LOCK NUT	18
21	3102514	3/8" SAE WASHER	29
22	6866701	3/8" RH WASHER	37
23	3203501	PILLOW BLOCK	2
24	6913801	WEIGHT STACK SELECTOR PIN	1
25	3108001	WEIGHT STACK CUSHION	2
26	6866601	BLACK RH CAP	2
27	3222001	1" SHAFT COLLAR	2
28	6714901	GUIDE ROD BUSHING	2
29	3222801	4-1/2" PULLEY	1
30	6979401	PLACARD LABEL	1
31	6986201	LANGUAGE PLACARD LABEL	1
32	3102915	3/8 X 3-1/4" BOLT	1
33	6887202	10 LB. WEIGHT PLATE (STD)	20
34	6888402	15 LB. WEIGHT PLATE (OPT)	10
35	68769xx	BACK PAD	1
36	69131xx	SEAT PAD	1
37	6957001	WEIGHT STACK LABEL	1
38	6923602	HEAD PLATE	1
39	6912801	ACCORDIAN SLEEVE	2
40	3230701	STARLOCK WASHER	4
41	6866602	WHITE RH CAP	35
OR	6866603	PLATINUM RH CAP	35
42	6861902	TOP COVER SHROUD	1
43	6862102	FRONT SIDE SHROUD BLK	2
44	6862007	FRONT PLATINUM SHROUD	1
45	6925202	FULL REAR SHROUD ASSY	1
OPTION*	6921602	ASSY FULL FRONT	1

***For all 5 digit part numbers you need to add the color at the end. For shrouds and weldments please use the following codes:**

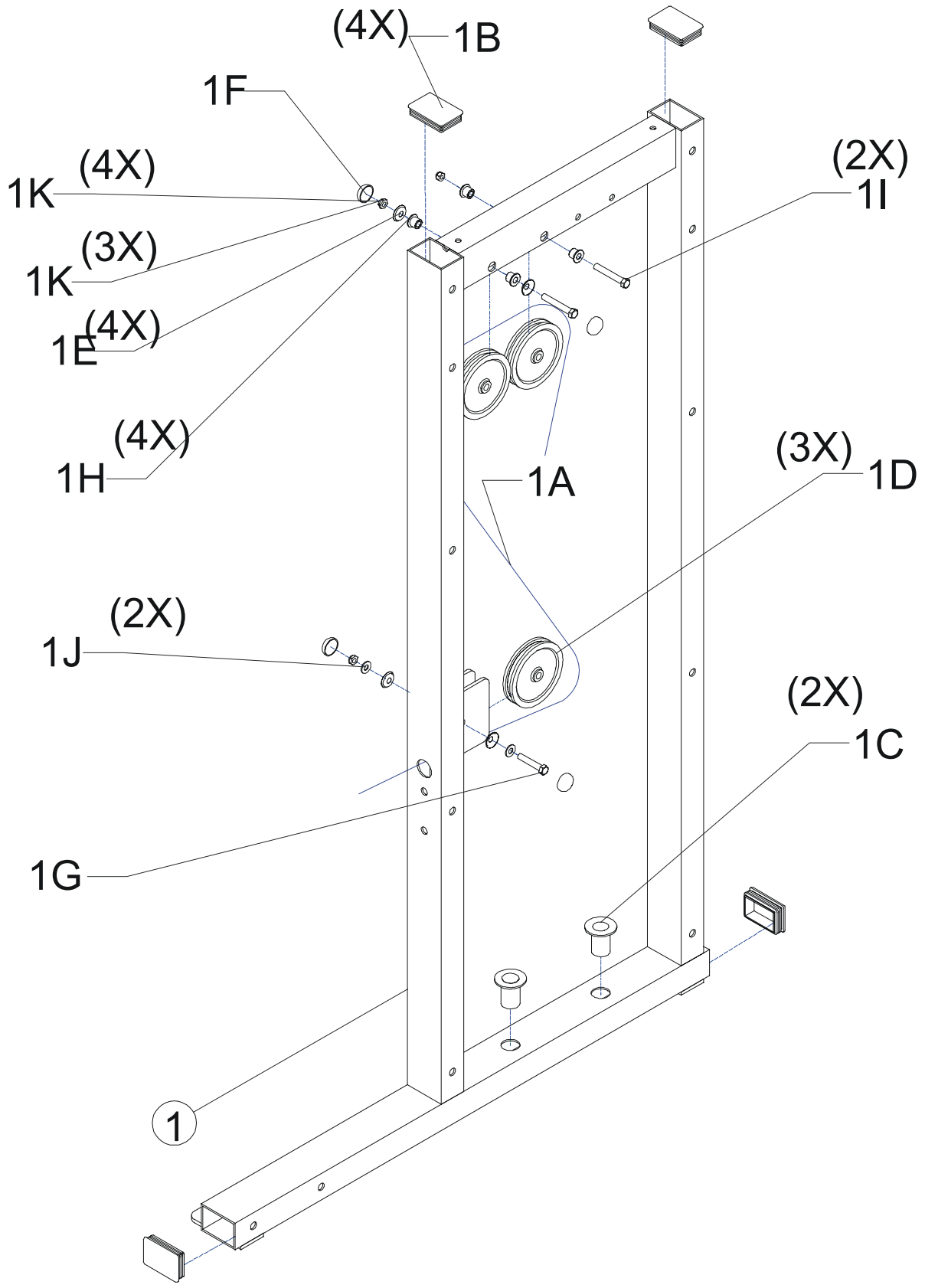
xxxxx07 Denotes Platinum

xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


(4X)
1B
1F
(4X)
1K
(2X)
1I
(3X)
1K
(4X)
1E
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1H
1A
(3X)
1D
(2X)
1J
(2X)
1C
1G
1

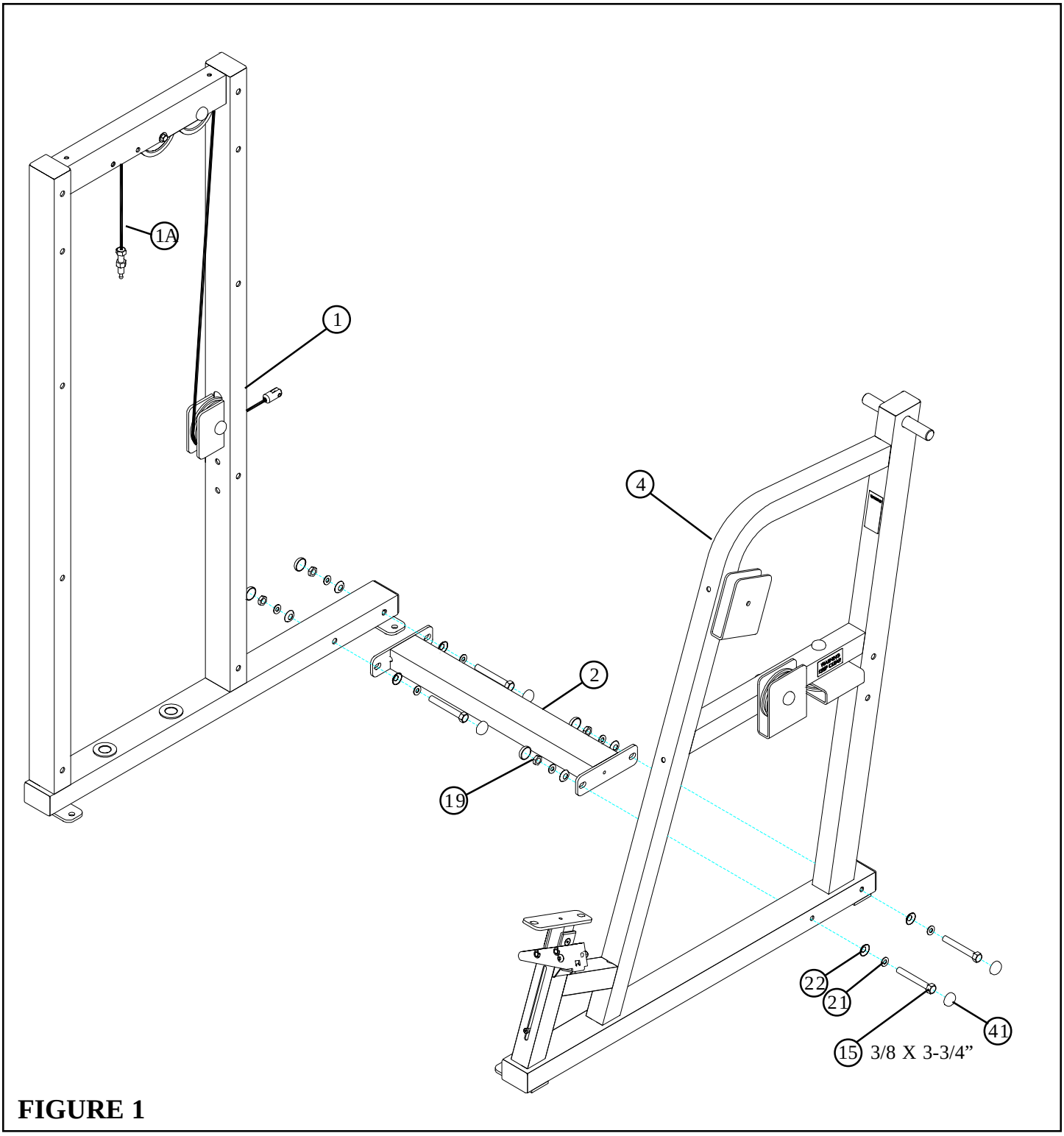
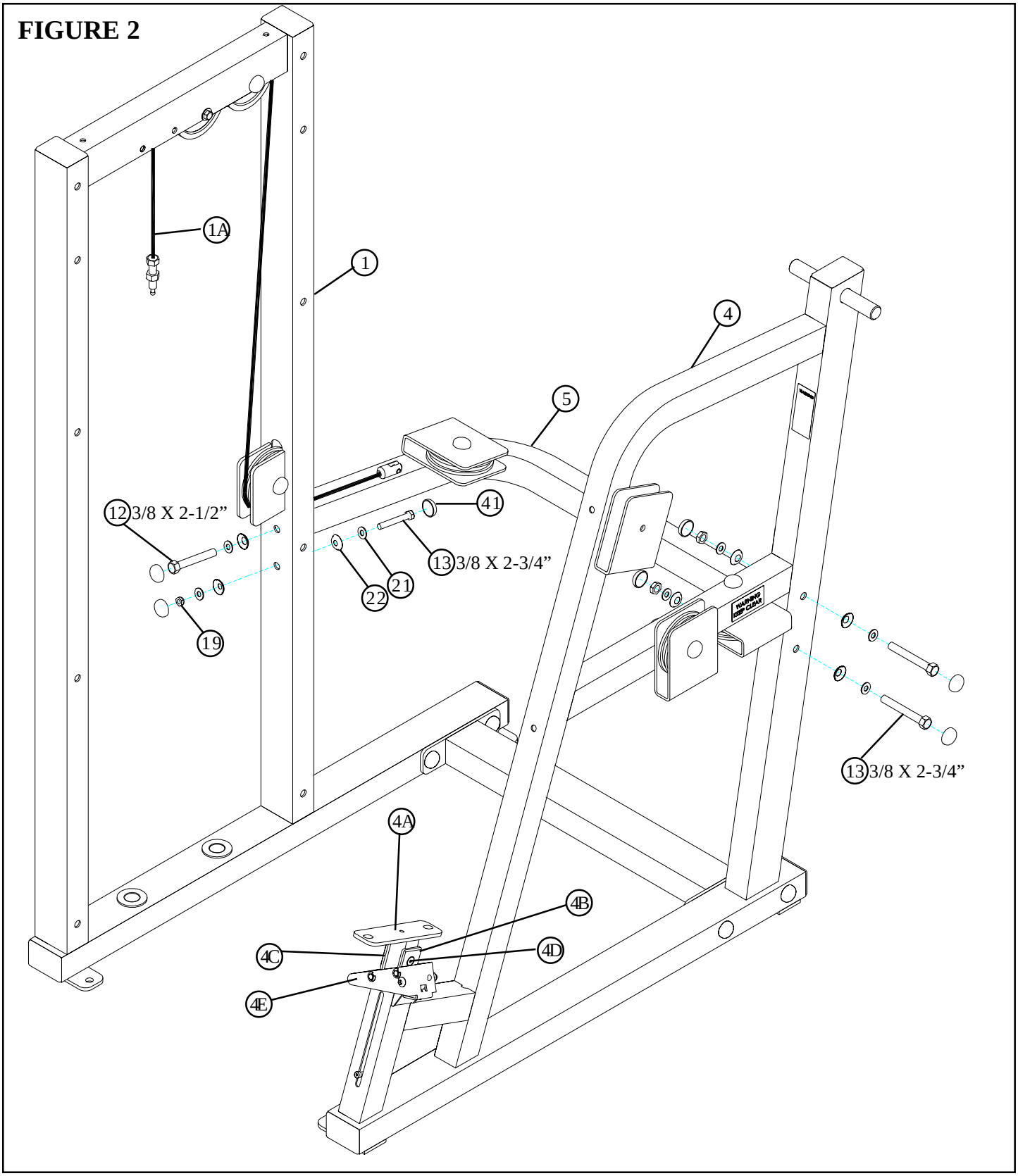


FIGURE 1

STEP 1:

- **LOOSELY** assemble the CROSS SUPPORT (2) to the TOWER (1) and the BOOM ASSEMBLY (4) using eight RH CAPS (41), four 3/8 X 3-3/4” BOLTS (15), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

FIGURE 2



STEP 2:

- **LOOSELY** assemble the CROSS BRACE (5) to the TOWER (1) and the BOOM ASSEMBLY (4) using seven RH CAPS (41), three 3/8 X 2-3/4” BOLTS (13), one 3/8 X 2-1/2” BOLT (12), seven 3/8” SAE WASHERS (21), seven 3/8” RH WASHERS (22) and three 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

- **Securely tighten all loose frame connections made to this point and sanp on all RH CAPS (28,41) and RH WASHERS (22).**

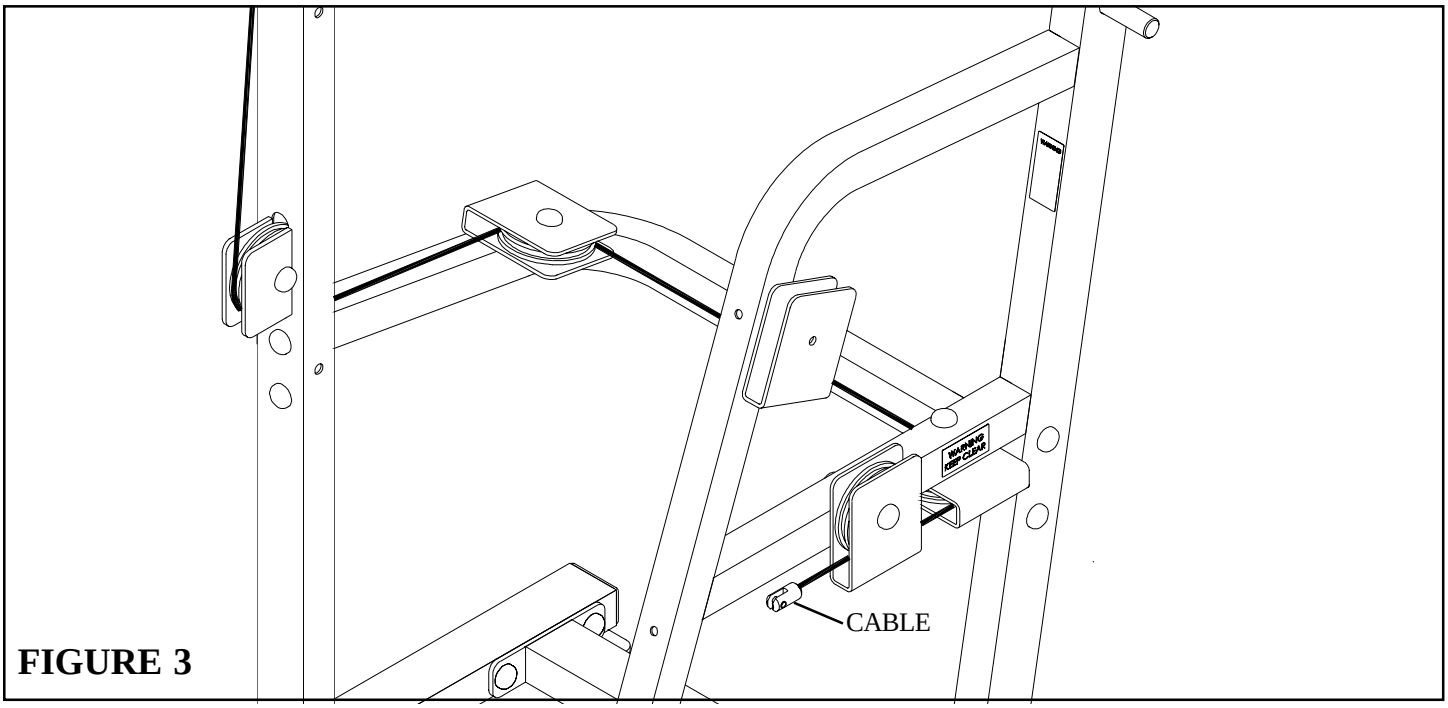


FIGURE 3

STEP 3:

- Carefully route the CABLE around the pulleys as shown. Make sure the CABLE is in the grooves of all the pulleys.

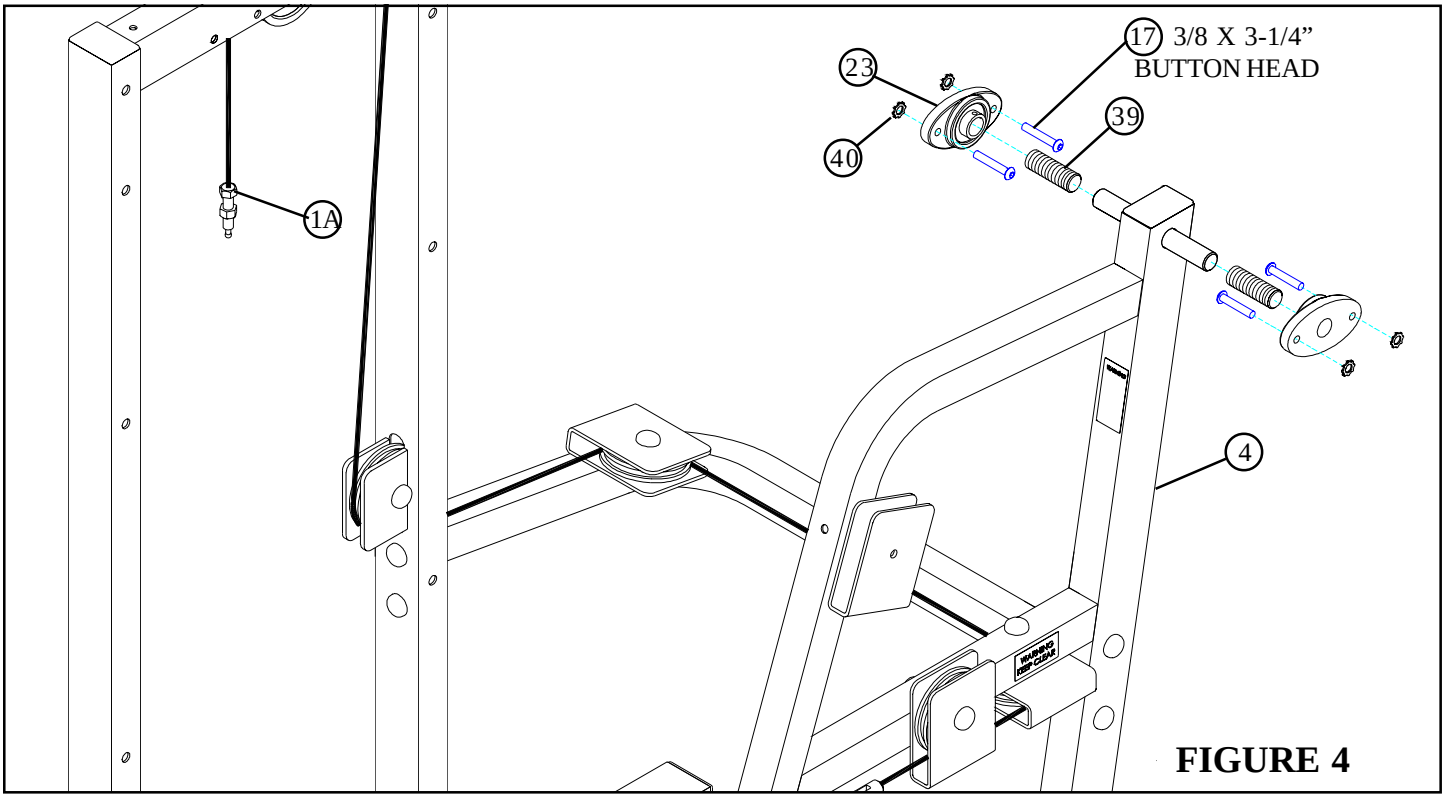
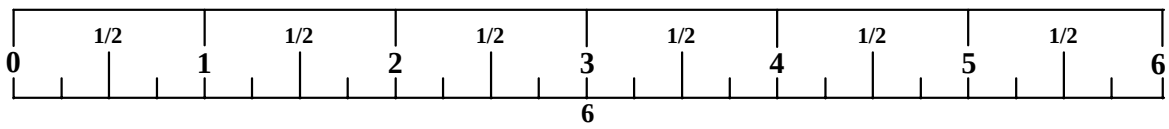


FIGURE 4

STEP 4:

- Slide two ACCORIDIAN SLEEVES (39) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Slide two PILLOW BLOCKS (23) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Assemble four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (40) to the the PILLOW BLOCKS (23) as shown in FIGURE 4



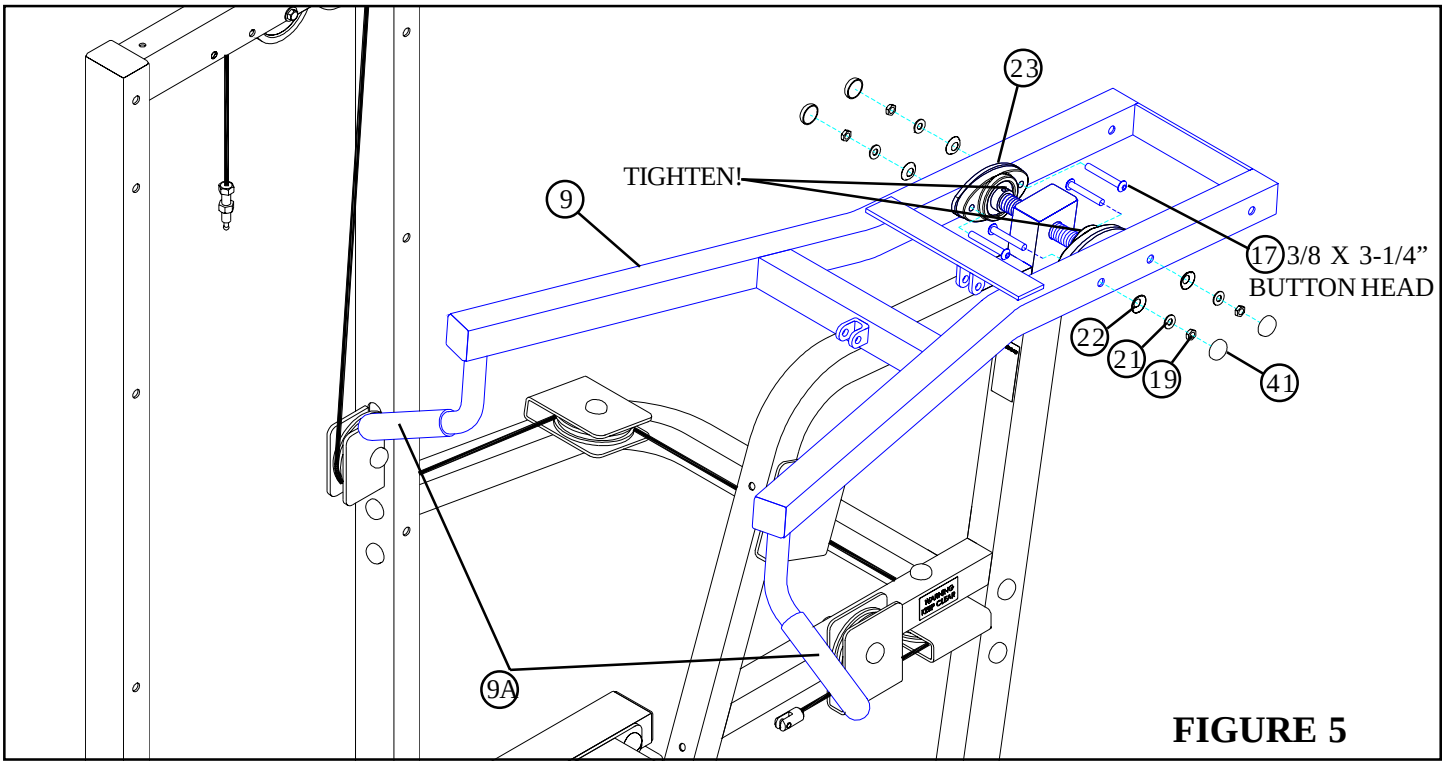
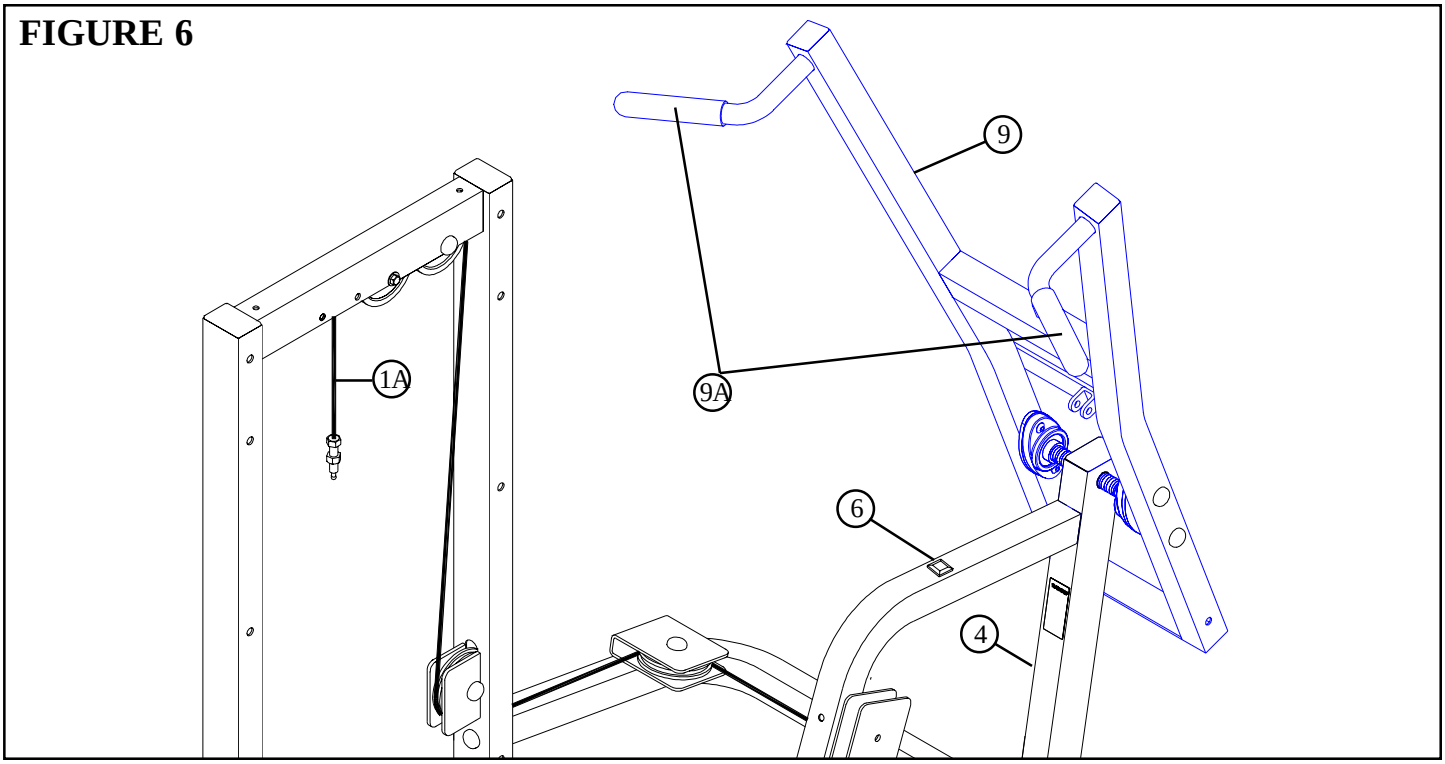


FIGURE 5

STEP 5:

- **SECURELY** assemble the PILLOW BLOCKS (23) to the SHOULDER ARM (9) using four previously inserted 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (41) as shown in FIGURE 5
- **IMPORTANT!** When SHOULDER ARM (9) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

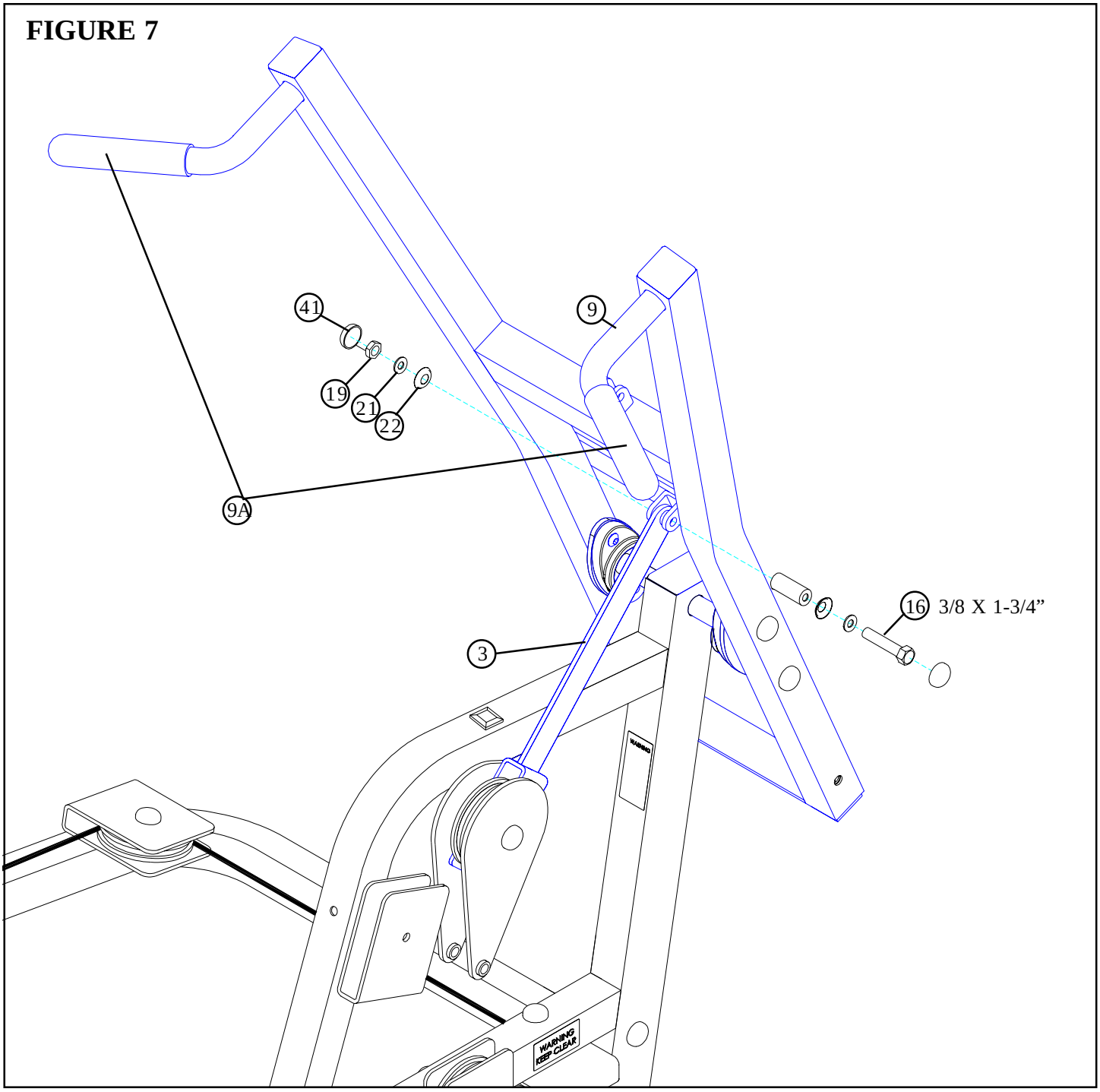
FIGURE 6



STEP 6:

- **SECURELY** assemble one RUBBER BUMPER (6) to the BOOM ASSEMBLY (4) and the SHOULDER ARM (9) as shown in FIGURE 6.

FIGURE 7



STEP 7:

- **SECURELY** assemble the PULLEY BRACKET (3) to the SHOULDER ARM (9) using one 3/8 X 1-3/4” BOLT (16), two 3/8” SAE WASHERS (21), two RH WASHERS (22), one AXLE (18), one 3/8” LOW HEIGHT LOCK NUTS (19) and two RH CAPS (41) as shown in FIGURE 7

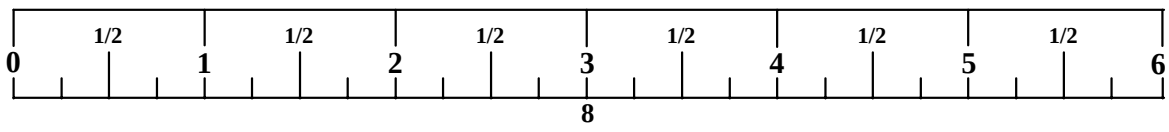
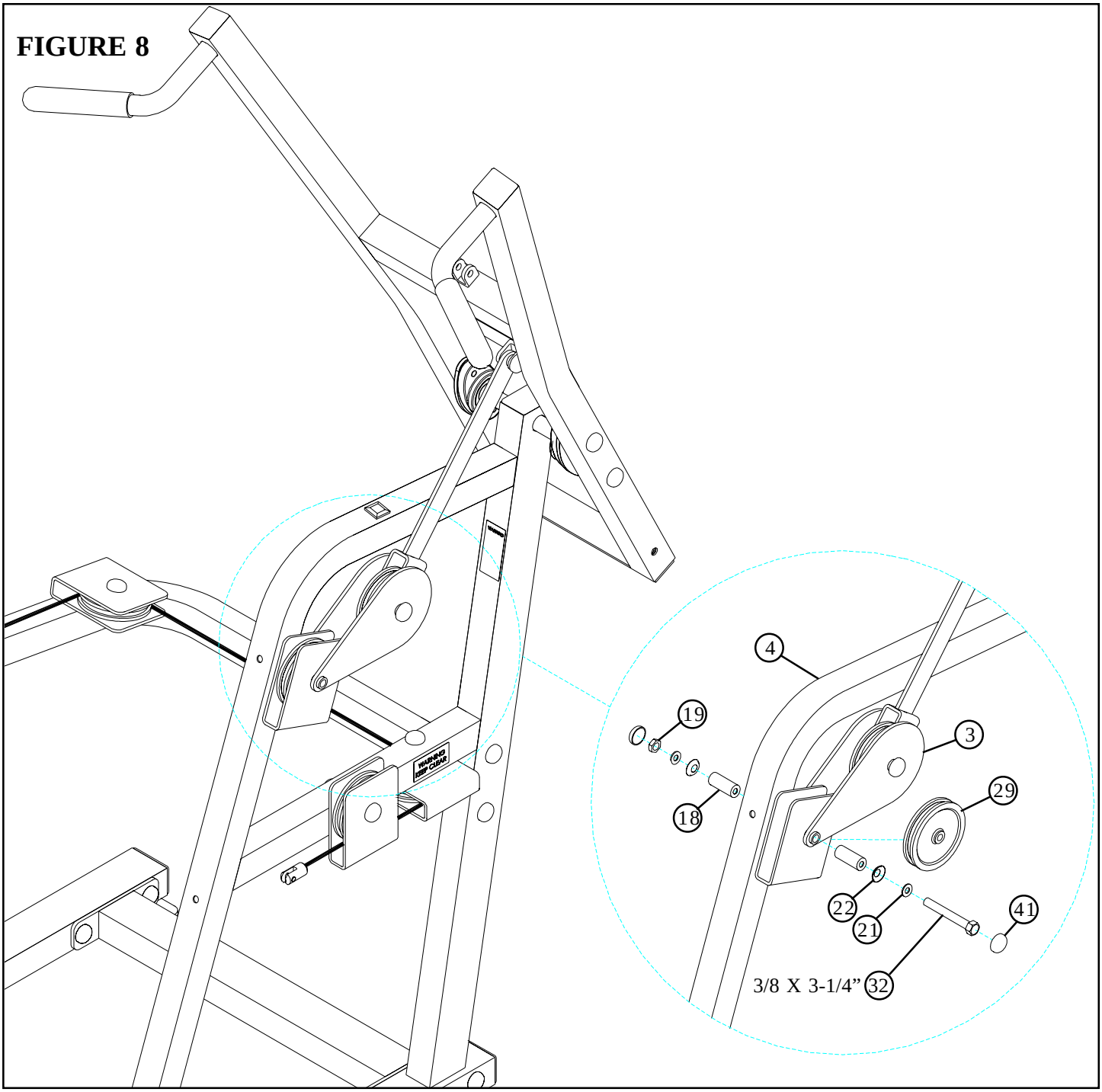


FIGURE 8



STEP 8:

- **SECURELY** assemble the two PULLEY BRACKETS (3) and one 4-1/2" PULLEY (29) to the bracket on the BOOM ASSEMBLY (4) using one 3/8 X 3-1/4" BOLT (32), two 3/8" SAE WASHERS (21), two RH WASHERS (22), two AXLES (18), one 3/8" LOW HEIGHT LOCK NUT (19) and two RH CAPS (41) as shown in FIGURE 8.

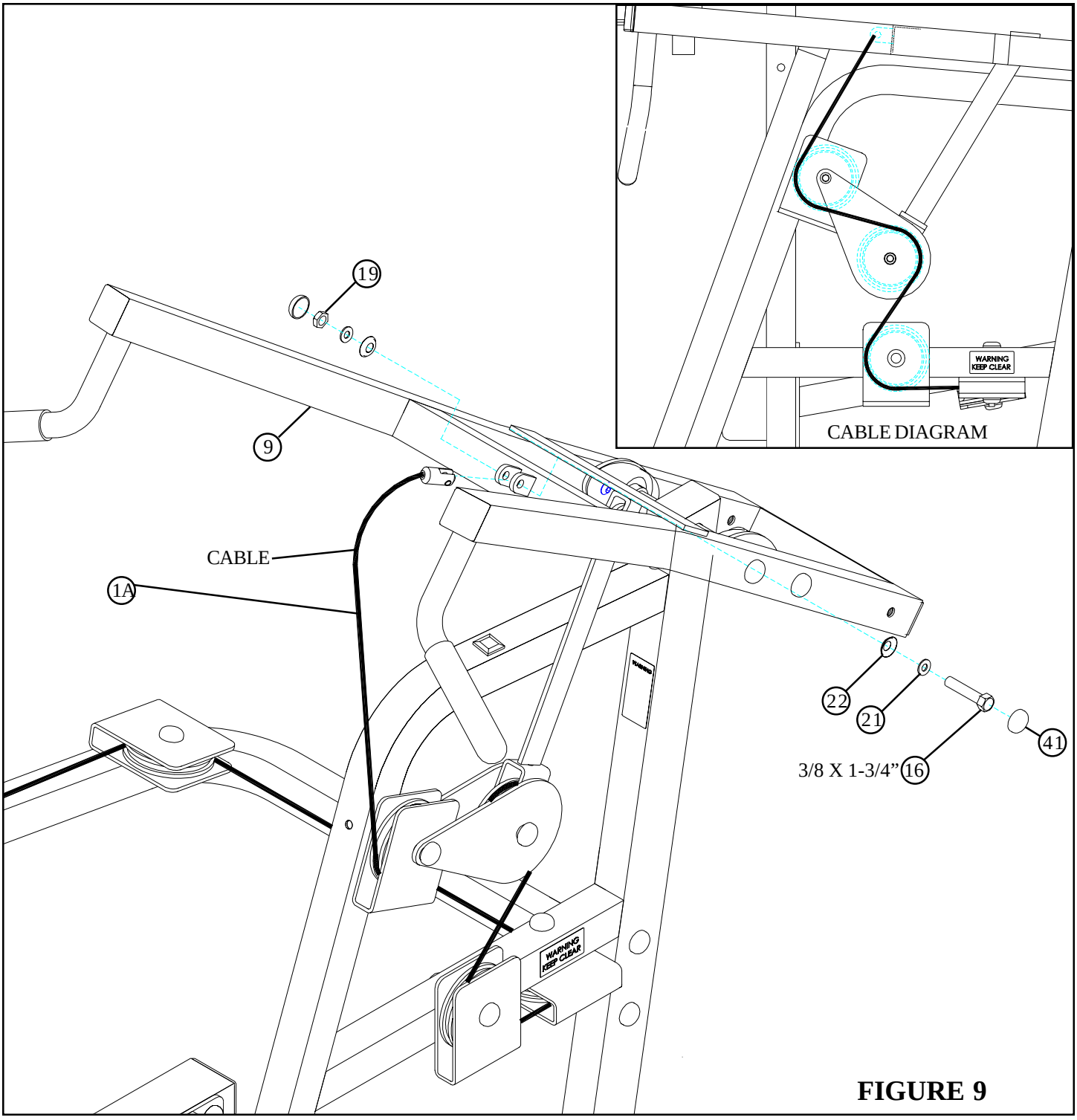


FIGURE 9

STEP 9:

- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the grooves of all the pulley.
- Assemble the swivel end of the CABLE to the SHOULDER ARM (9) using one 3/8 X 1-3/4” BOLTS (16), two 3/8” SAE WASHERS (21), two RH WASHERS (22), one 3/8” LOW HEIGHT LOCK NUT (19) and two RH CAPS (41) as shown in FIGURE 9. (**NOTE:** Allow CABLE swivel end to rotate.)

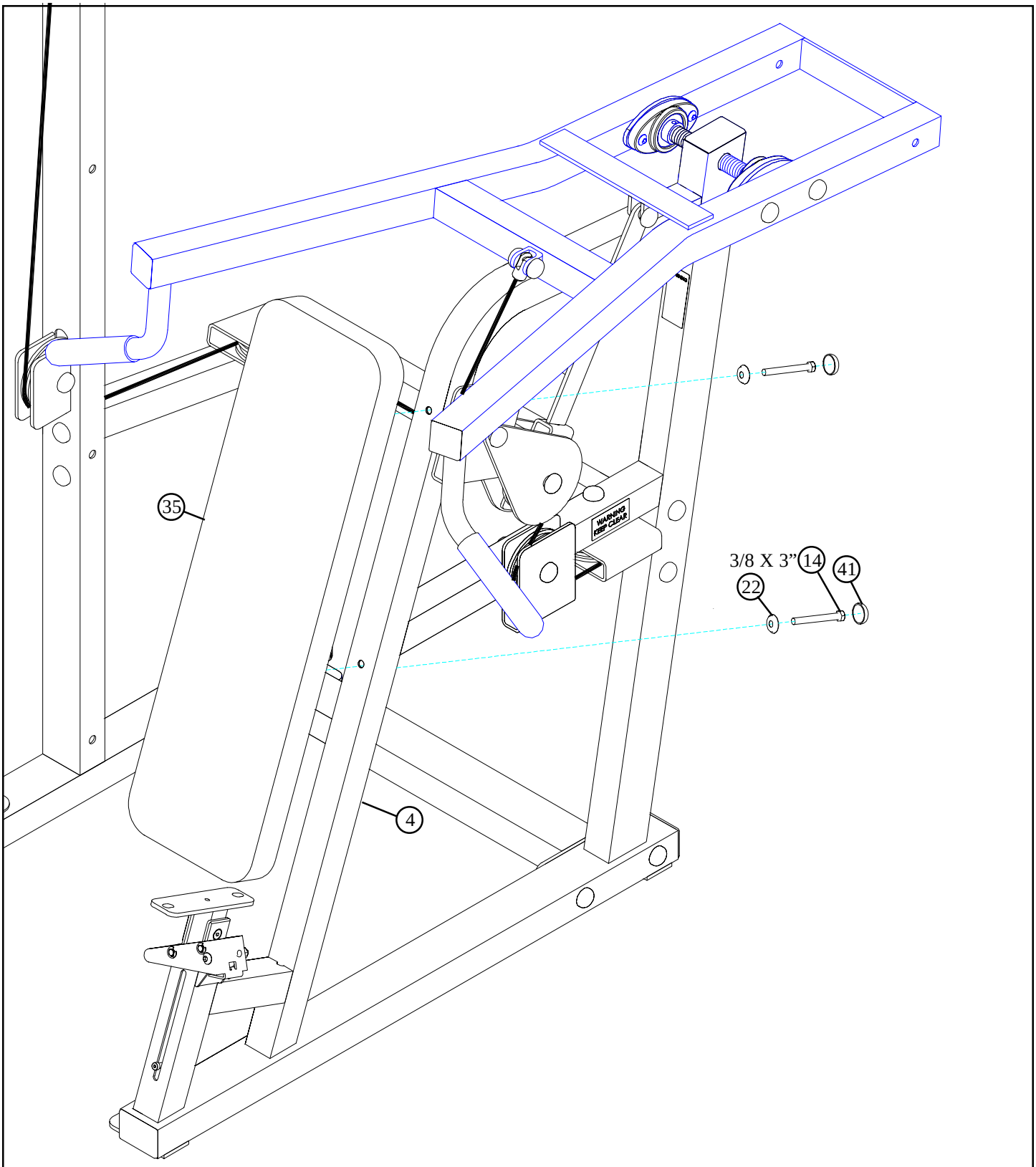


FIGURE 10

STEP 10:

- **SECURELY** assemble the BACK PAD (35) to the BOOM ASSEMBLY (4) using two RH CAPS (41), two 3/8 X 3” BOLTS (14) and two 3/8” RH WASHERS (22) as shown in FIGURE 10.

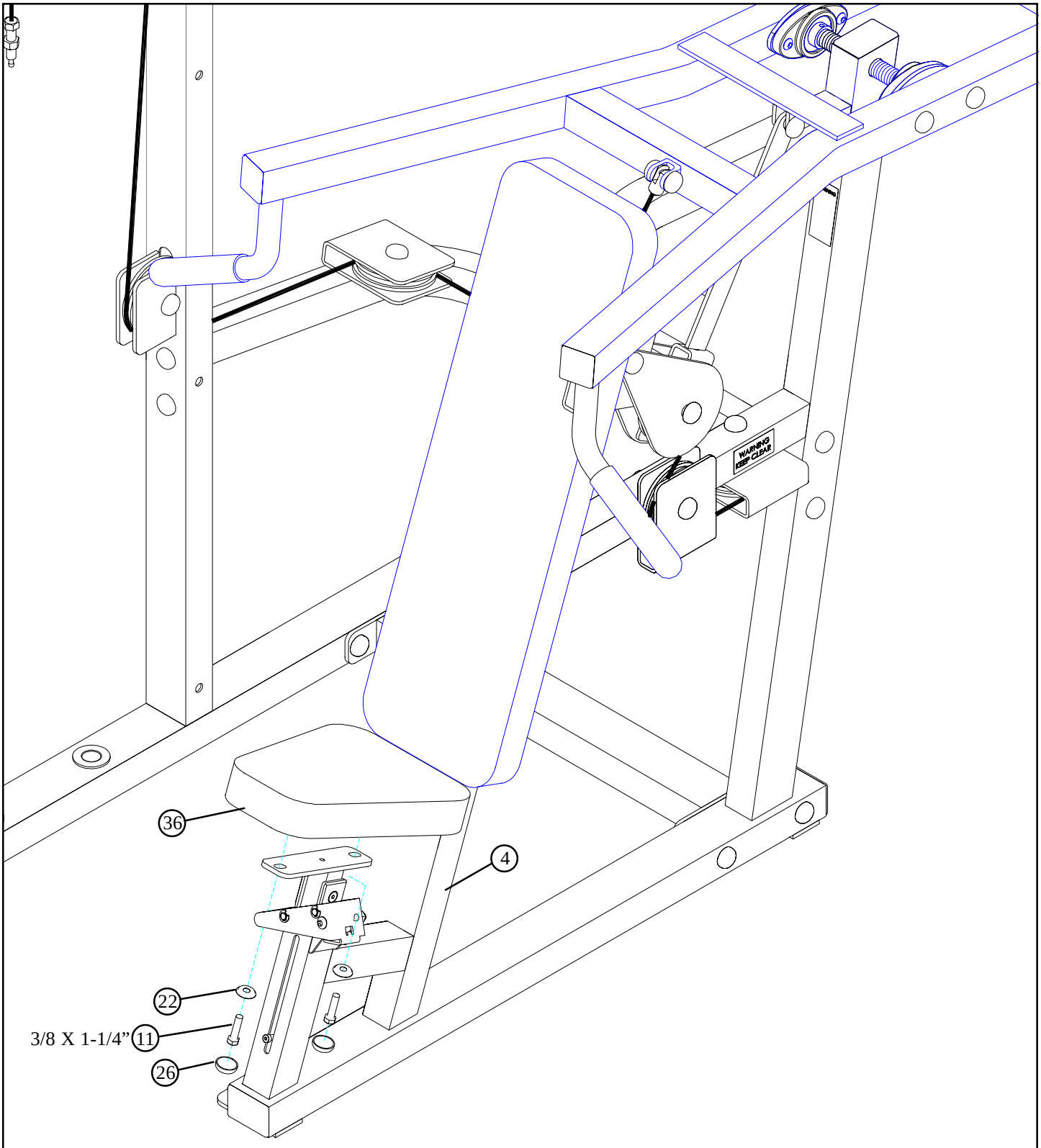


FIGURE 11

STEP 11:

- **SECURELY** assemble the SEAT PAD (36) to the BOOM ASSEMBLY (4) using two **BLACK** RH CAPS (26), two 3/8 X 1-1/4" BOLTS (11) and two 3/8" RH WASHERS (22) as shown in FIGURE 11.

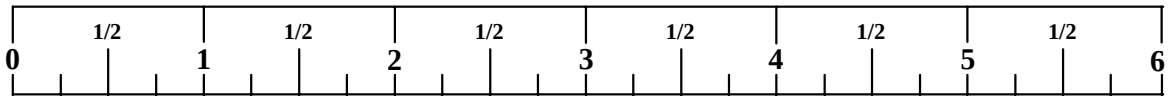
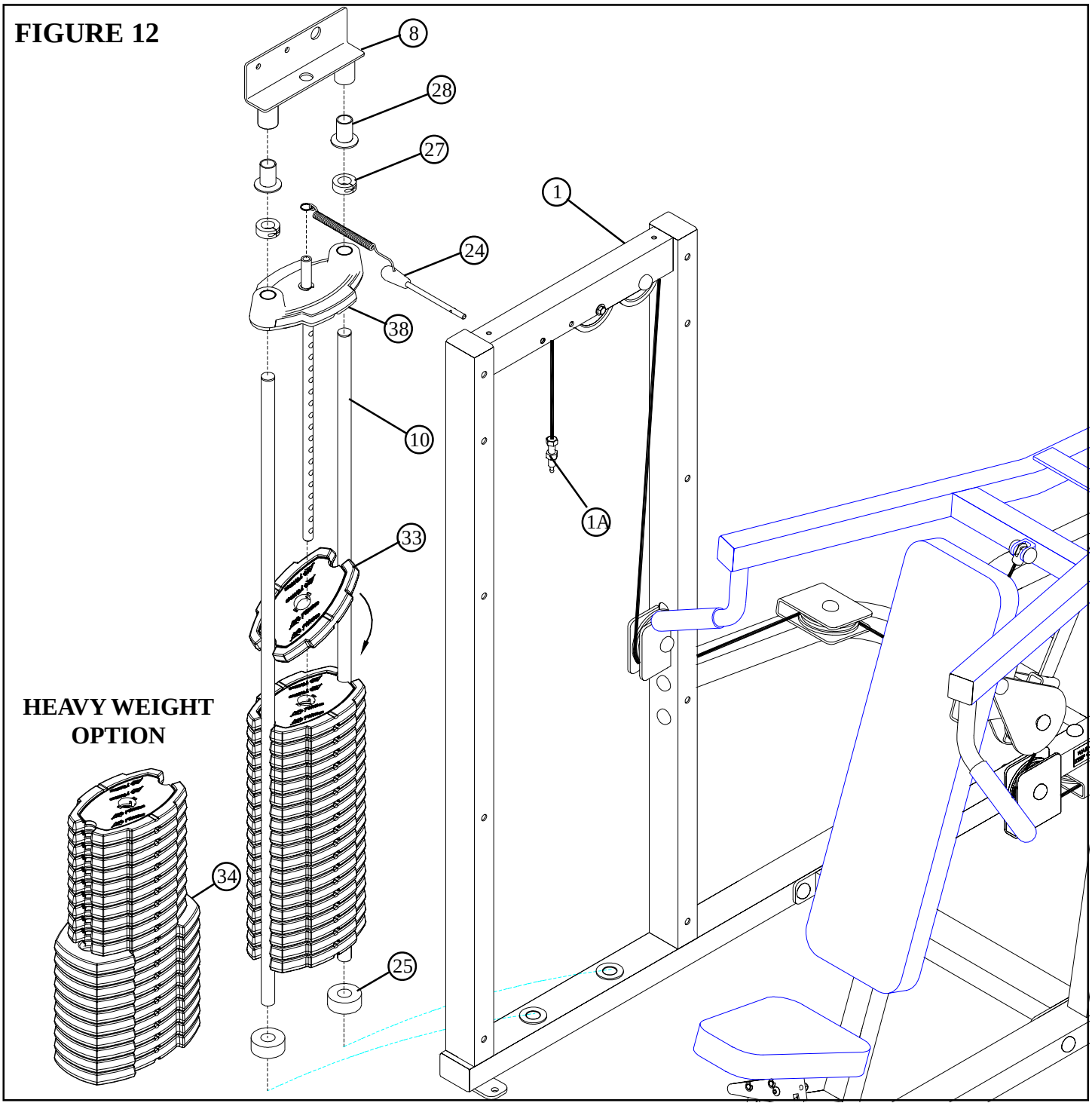


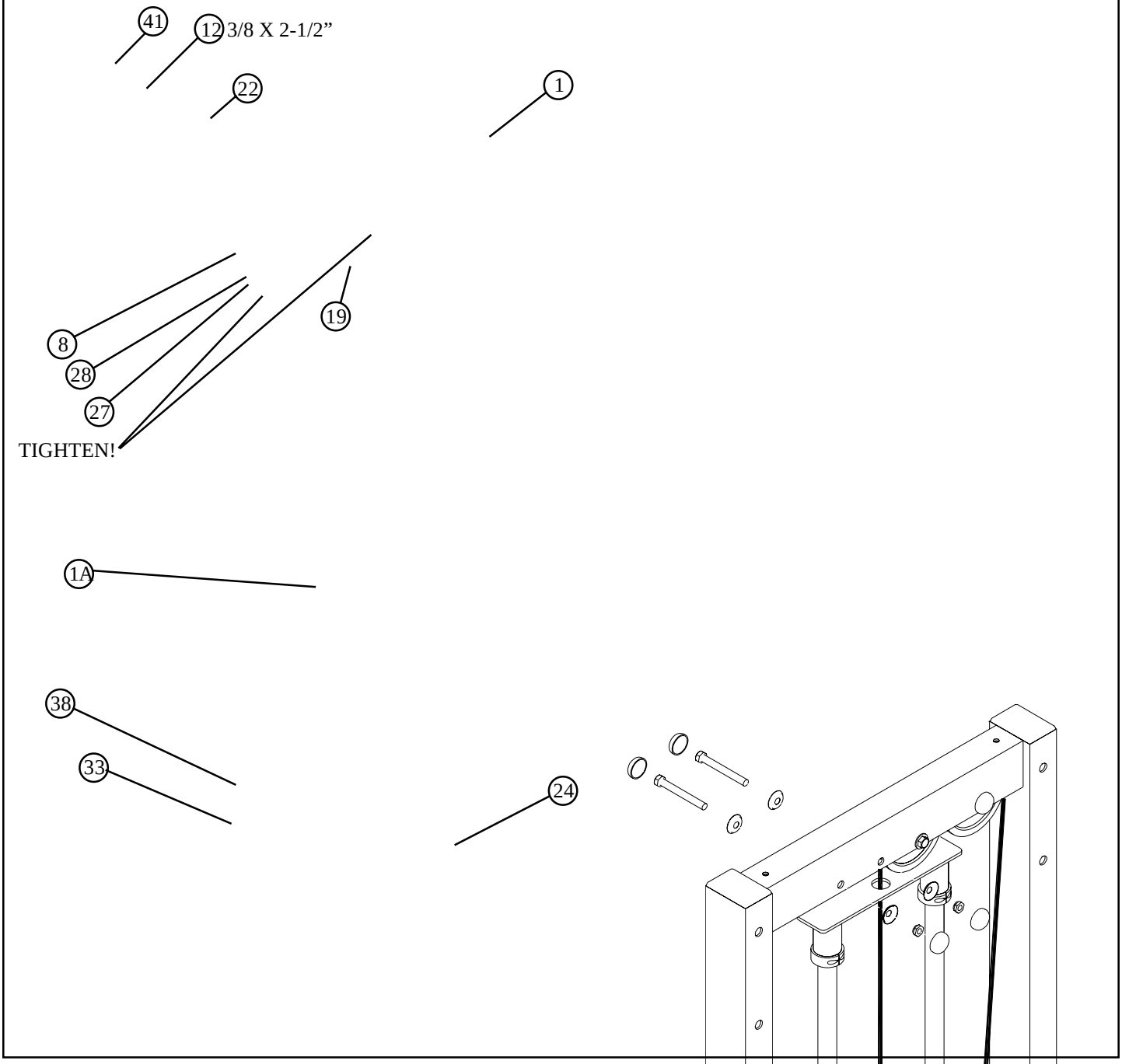
FIGURE 12



STEP 12:

- Insert the two GUIDE RODS (10) (found in the SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 12. Lubricate the GUIDE RODS (10) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (10). See FIGURE 12.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (33) over the GUIDE RODS (10). **(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (34) over the GUIDE RODS (10) first, then slide ten 10 LB. WEIGHT PLATES (33) over the GUIDE RODS.)** .
- Carefully Slide the HEAD PLATE (38) down over the GUIDE RODS (10) onto the weight stack as shown in FIGURE 12.
- Slide one WEIGHT STACK SELECTOR PIN (24) over the shaft on the HEAD PLATE (38) as shown in FIGURE 12.
- Slide two 1" SHAFT COLLARS (27) over each GUIDE ROD (10) as shown in FIGURE 12.
- Slide two GUIDE ROD BUSHINGS (28) over each GUIDE ROD(10)
- Place the GUIDE ROD SUPPORT (8) over the GUIDE RODS (10) as shown in FIGURE 12.

FIGURE 13



STEP 13:

- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (41), two 3/8 X 2-1/2” BOLTS (12), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 13.
- Slide GUIDE ROD BUSHINGS (28) into the tubes on the GUIDE ROD SUPPORT (8), slide 1” SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (28) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE all the way into the end of the shaft on the HEAD PLATE (38) and tighten jam nut securely. See FIGURE 13.
- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 13.

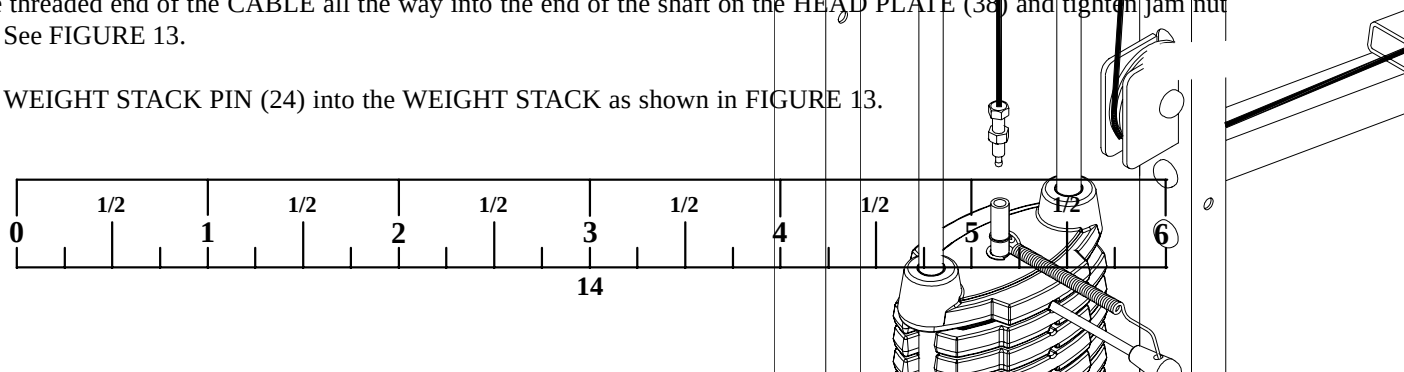
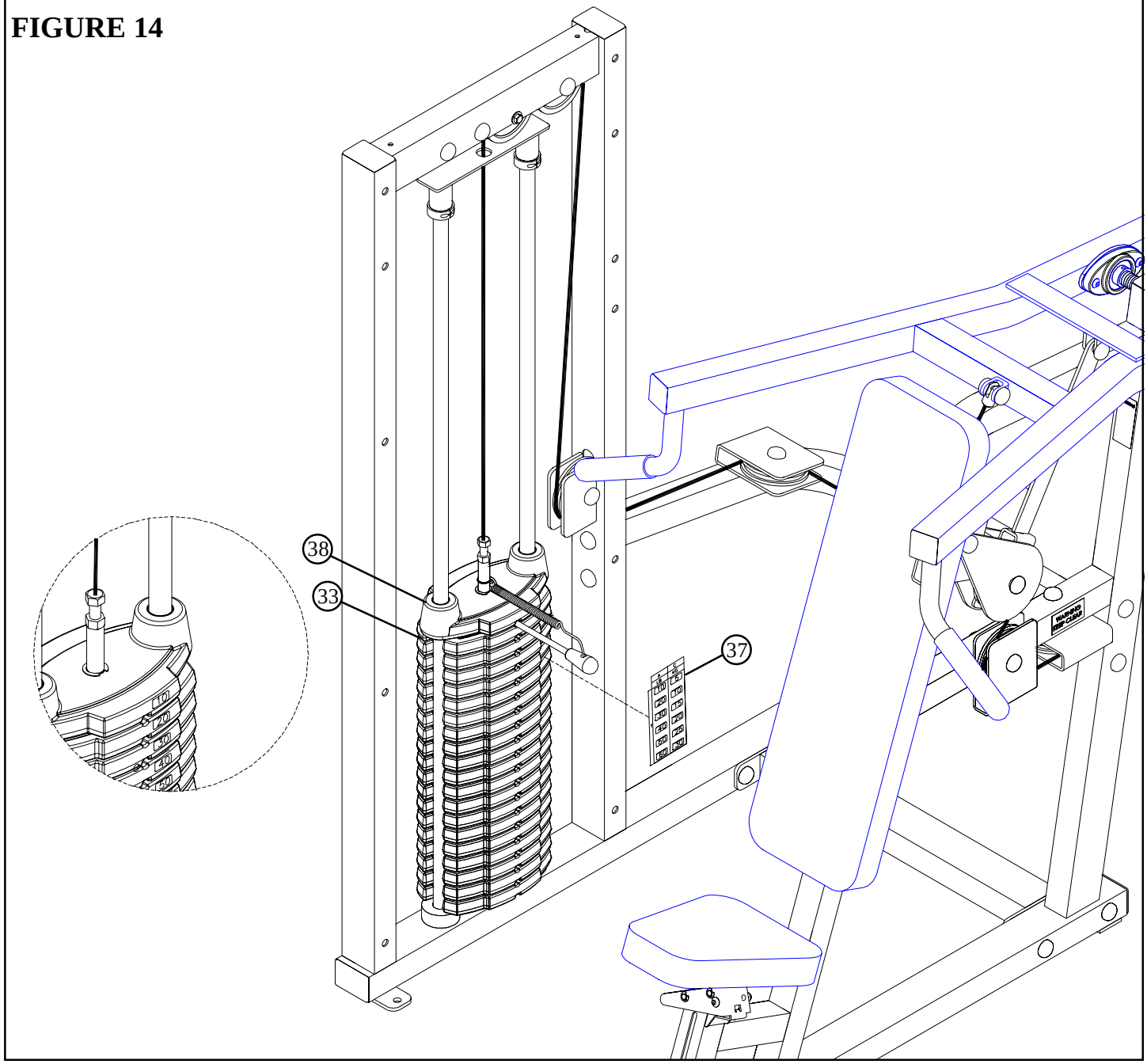


FIGURE 14

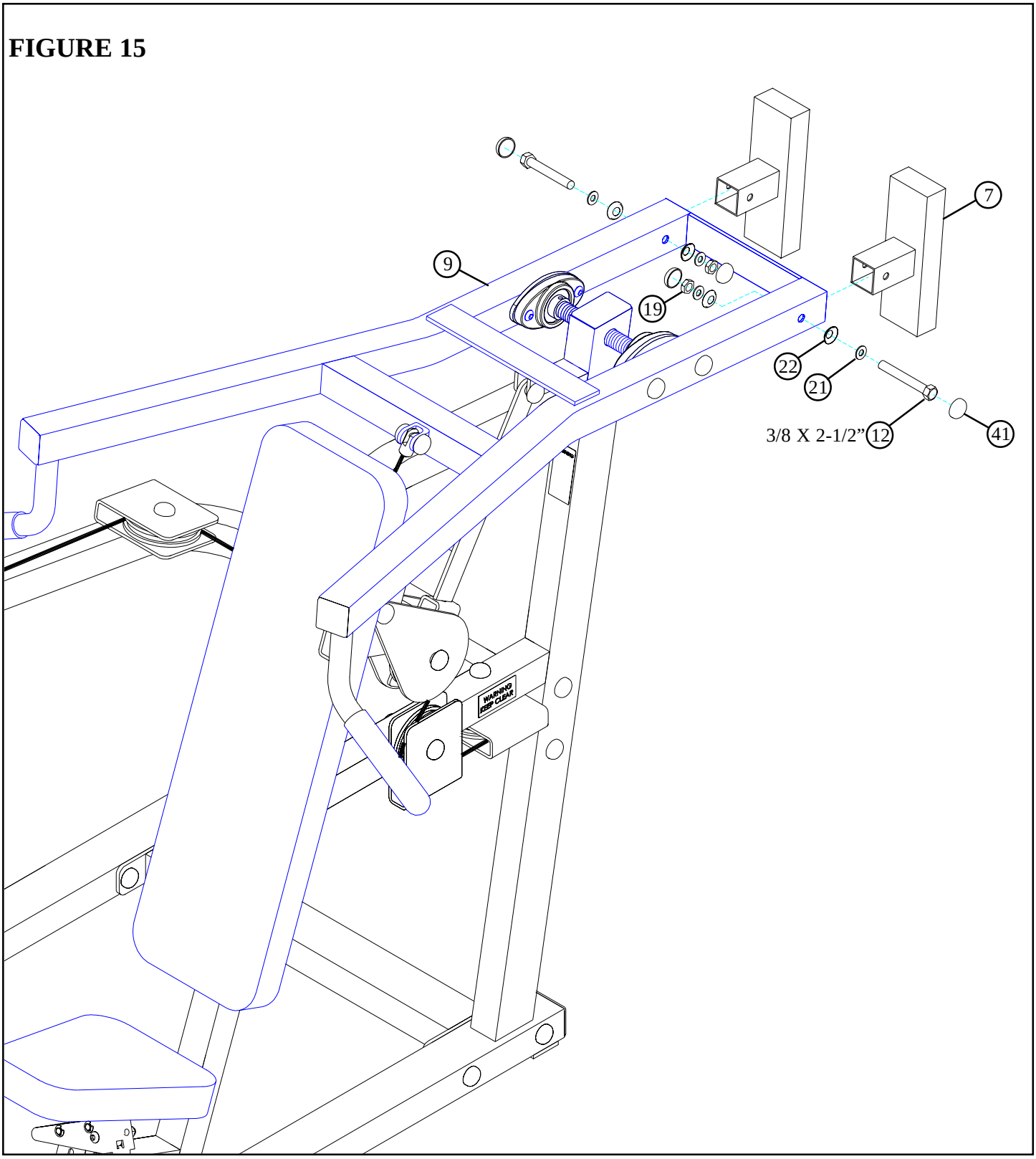


STEP 14:

• The WEIGHT STACK LABEL sheet (37) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABELS (37), line up sheet to the right of the selector openning and apply labels to the 10 LB.WEIGHT PLATES (33) and/or 15 LB. WEIGHT PLATES (34), starting with the HEAD PLATE (38) as shown in FIGURE 14.

FIGURE 15



STEP 15:

- **SECURELY** assemble two COUNTERBALANCES (7) to the SHOULDER ARM (9) using four RH CAPS (41), two 3/8 X 2-1/2" BOLT (12), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUT (19) as shown in FIGURE 15.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

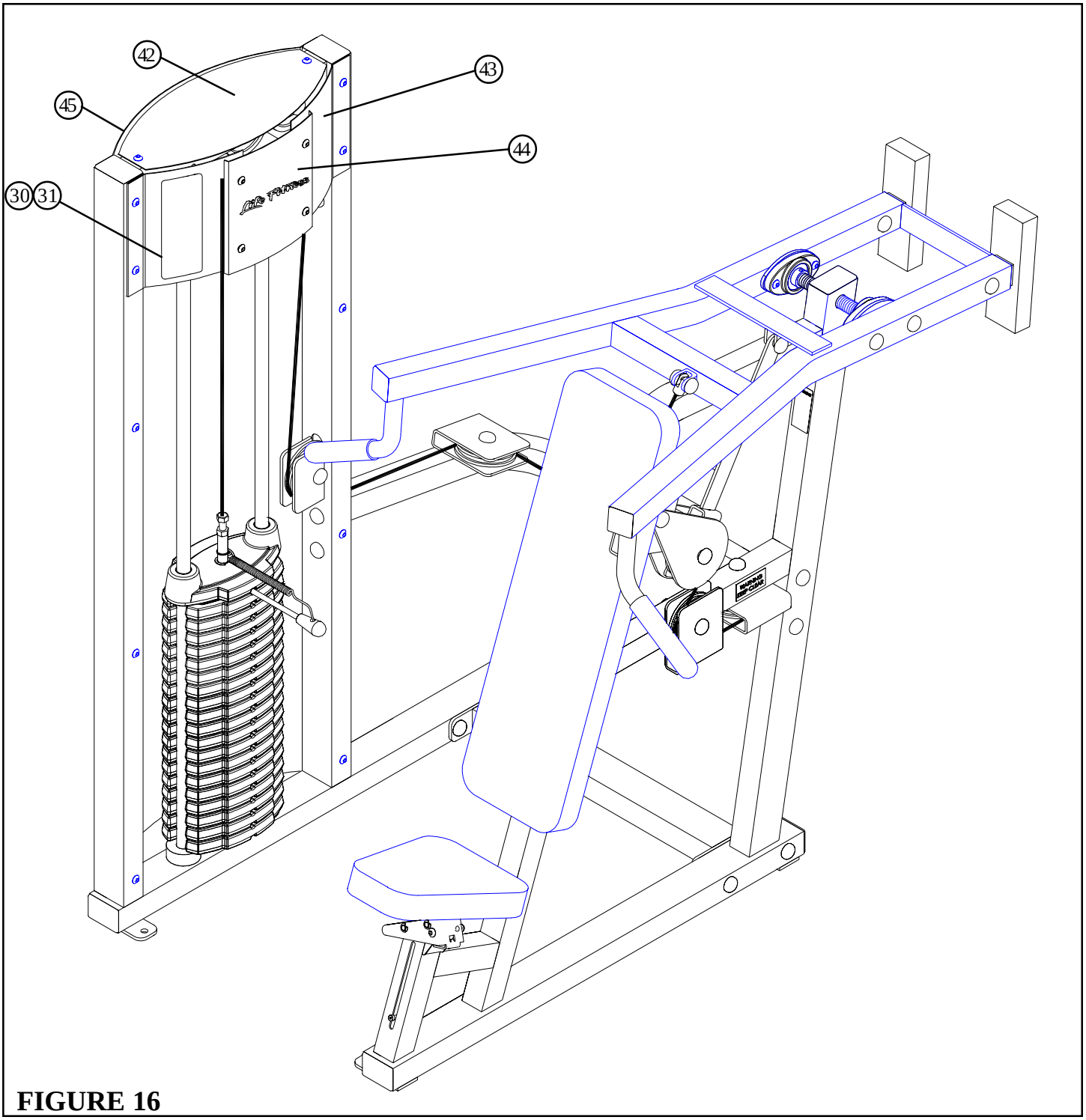


FIGURE 16

STEP 16:

- Assemble the PLACARD LABEL (30) or the FOREIGN LANGUAGE PLACARD LABEL (31) to the FRONT SHROUD as shown in FIGURE 16.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4” deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES SHOULDER PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.